

AR & LE

Spring & Summer 2016



AR&LE Spring Retreat

Saturday ■ April 30, 2016

See page 12 for details!

Bowling for Buses

Sunday ■ May 15, 2016

See back cover for details!

Adaptive Recreation and Learning Exchange partnership (AR&LE) offers recreation, leisure and community education opportunities specifically designed to meet the needs of people with disabilities in the cities of Bloomington, Eden Prairie, Edina and Richfield.



Adaptive Recreation and Learning Exchange

Serving Bloomington, Eden Prairie, Edina & Richfield

WELCOME!

We would like to extend the invitation for you to take part in the variety of programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). The information provided here should give you a closer look and better understanding of how our program works and where to acquire additional information that you may need. For over 30 years the Adaptive Recreation and Learning Exchange (AR&LE) has been a leader in providing options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs.

WHAT IS AR&LE?

AR&LE is made up of two parts - Adaptive Recreation "AR" and Learning Exchange "LE".

- **Adaptive Recreation:** The cities of Bloomington, Eden Prairie, Edina and Richfield each have programs that are specifically designed for people of all ages with disabilities including; softball, bowling, swimming lessons, fitness programs, skiing/snowboarding, golf, as well as a number of social programs for both youth and adults.
- **Learning Exchange:** The school districts of Bloomington, Edina, Eden Prairie and Richfield Community Education Adults with Disabilities programs are working together to offer customized classes for adults with developmental and/or physical disabilities. Classes include cooking, independent living skills, health and fitness, and other leisure learning activities.

PROGRAM CATALOG

AR&LE publishes a program catalog three times a year with descriptions of all programs to be offered for the upcoming season. This is sent out to all the participants and professionals who are on our mailing list.

Electronic copies of the current AR&LE program catalog are available via the Internet at: www.BloomingtonMN.gov, and enter keywords "Adaptive Recreation" in the search engine.

PROFILES

In order to be on our mailing list, each person must complete a profile. Individuals with disabilities who participate in AR&LE programs should fill out a Participant profile. With the completed profile, the information is then available to the program staff so that they can be aware of any health, medical and special needs issues that pertain to the participant. Those individuals who provide support to, or work with the participant, should complete a Professional profile. After requesting a profile from any of the AR&LE staff or filling out and printing an online copy from www.BloomingtonMN.gov, return the completed profile to the address below or scan and email to parkserv@BloomingtonMN.gov.

Bloomington Parks & Recreation
Attn: Mara
1800 West Old Shakopee Road
Bloomington, MN 55431

PROGRAM FEES AND REGISTRATION

The fees to register for AR&LE programs vary. Some are broken into Resident and Nonresident amounts. A Resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Nonresidents are considered to be those living outside of these cities. If a nonresident fee is charged, the difference is very minimal.

REFUND POLICY

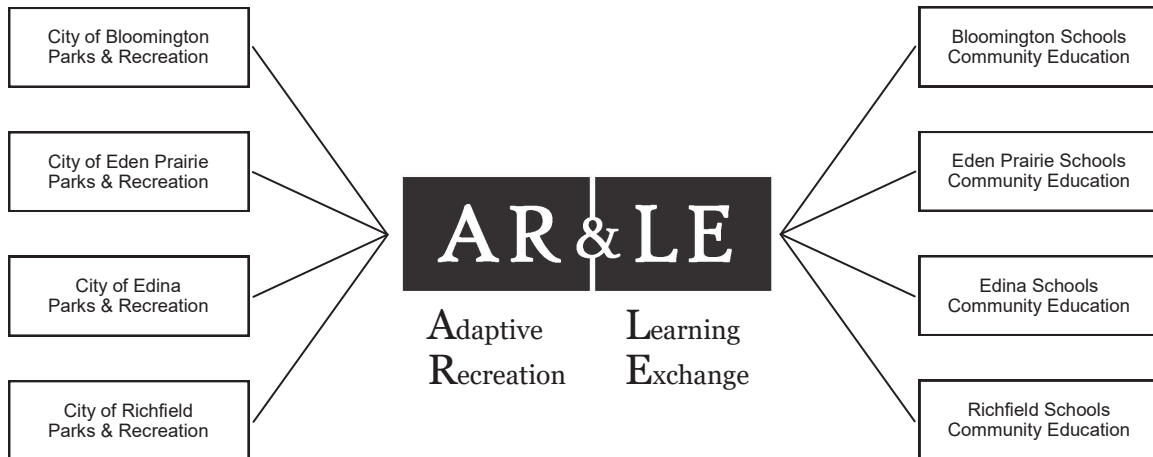
Each city reserves the right to implement their own refund policy.

The Cities of Bloomington, Eden Prairie, Edina and Richfield do not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all services, programs, and activities. This information can be available in alternate formats, upon request.

THE STAFF

The supervisory staff responsible for the planning and implementation of all the adaptive recreation programs have many years of experience in the Adaptive Recreation field. Their program staff are also highly skilled and dedicated individuals with professional and educational backgrounds in human services fields.

Working together, the Community Education directors from the school districts of Bloomington, Eden Prairie, Edina and Richfield employ a Coordinator for the Learning Exchange. Under the direction of the Learning Exchange Coordinator, professional instructors teach the Learning Exchange classes with the assistance of talented and trained volunteers.



CONTACT INFORMATION

Bloomington Adaptive Recreation

- Jackie Doncavage - Recreation Supervisor, Adaptive: 952-563-8877 (tty: 952-563-8740)
jdoncavage@BloomingtonMN.gov
- Jenna Smith - Recreation Supervisor, Inclusion: 952-563-8891
jmsmith@BloomingtonMN.gov

Eden Prairie Adaptive Recreation

- Nicole Minton - Recreation Supervisor: 952-949-8457 (tty: 952-949-8399)
nminton@edenprairie.org

Edina Adaptive Recreation

- Amanda Clarke - Recreation Supervisor: 952-826-0433 (tty: 952-826-0379)
aclarke@EdinaMN.gov

Richfield Adaptive Recreation

- Ann Jindra - Recreation Supervisor: 612-861-9361 (MN Relay Service at 711)
ajindra@cityofrichfield.org

Learning Exchange

- Janet Clarke - Learning Exchange Coordinator: 952-681-6121 (MN Relay Service at 711)
jclarke@isd271.org
- Judy Stelmazek - Learning Exchange Program Secretary: 952-681-6109
jstelmazek@isd271.org



TRAIL is a Minnesota nonprofit providing transportation for adults with developmental disabilities living in Bloomington, Eden Prairie, Edina and Richfield, allowing them to attend customized recreation and leisure programs offered by AR&LE. Through donations and fundraising TRAIL subsidizes the cost of transportation; as a result, riders pay a nominal fee for their rides. Programs with this bus symbol have TRAIL available. To learn more or to make a donation, go to www.ridetrail.org, call Michelle at 612-401-6395, or email ridetrail@msn.com. **The current AR&LE catalog is available at www.ridetrail.org under "resources".**

PERSONAL PROGRAM CHART

Use the chart below to keep track of your registered programs! If you don't want to cut out the registration forms, **an electronic copy of the current AR&LE program catalog is available via the Internet at: www.BloomingtonMN.gov and enter keywords "Adaptive Recreation" in the search engine.**

Day	Date/Time	Program	Location
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Jackie Doncavage - Recreation Supervisor (Adaptive)
 Phone: 952-563-8877 TTY: 952-563-8740
 Email: jdoncavage@BloomingtonMN.gov
 Jenna Smith - Recreation Supervisor (Inclusion)
 Phone: 952-563- 8891 TTY: 952-563-8740
 Email: jmsmith@BloomingtonMN.gov
 Address: 1800 W. Old Shakopee Road, Bloomington 55431
 Website: www.BloomingtonMN.gov

DANCE YOUR SOCKS OFF! ADULTS 18+

Put on your dancing shoes and get ready to boogie! No registration required, but you must have an AR&LE Participant Profile on file. Participants who require assistance must bring their own support person. ***Door prizes will be given out near the end of each dance. MUST BE PRESENT TO WIN!*** Music by Generations A to Z. Don't miss out on these fun events!

Dates/Time: March 11, 2016 ■ 7:00 - 9:00 pm

St. Patrick's Dance

Celebrate St. Patrick's Day with us and remember to wear green!
 Register for TRAIL by Monday, March 7, 2016 by noon.

Dates/Time: April 15, 2016 ■ 7:00 - 9:00 pm

Music Video Night

Watch music videos while dancing the night away!
 Register for TRAIL by Monday, April 11, 2016 by noon

Location: Valley View Middle School, 8900 Portland Avenue South, Bloomington.
 Parking is available on the West side (back) of the building. Enter through door 15 on the North end.

Cost: \$6/participant (includes 1 can of soda or water). Additional soda/water available for purchase for \$1.00. Support staff are free of charge and can purchase soda/water for \$1.00.

Register by: No dance registration required. Pay at the door.

YOUTH SOFTBALL - AGES 10-18

BATTER UP! Want to learn to play softball? Increase your softball skills? Have fun and meet new friends? This is the program for you! Youth softball teaches basic rules and good sportsmanship in a safe environment. Season highlights include a game under the lights (program time and location will be different for this event), team pictures, and more! Staff to participant ratio is 1:10.

Dates/Time: Mondays ■ June 13-August 8 ■ 6:30-8:30 pm (no July 4)

Location: Tarnhill Park, 9650 Little Road, Bloomington

Cost: \$65, includes team shirt. Please indicate shirt size on registration form.

Register by: May 13, 2016 ***Register early as space is limited!***



ADULT RECREATIONAL SOFTBALL - AGES 19+

Join us for a fun summer of softball with your friends from AR&LE. This program is designed for men and women who want to play for fun - no experience is necessary. Season highlights include a game under the lights (program time and location will be different for this event), team pictures, and more! Staff to participant ratio is 1:20.

Dates/Time: Tuesdays ■ June 14-August 9 ■ 6:30-8:30 pm (no July 5)

Location: Tarnhill Park, 9650 Little Road, Bloomington

Cost: \$65, includes team shirt. Please indicate shirt size when registering.

Register by: May 13, 2016. ***Register early as space is limited!***
 TRAIL is available! TRAIL riders must request TRAIL when registering.
TRAIL requires a minimum of five riders, so sign up early!



ADULT COMPETITIVE SOFTBALL - AGES 19+

Want to play some softball? Do you have experience playing on a team? Then this program is for you. This program is designed for men and women who want to play competitively. Teams will be developed after player skill evaluations are completed so games will be fun for everyone. Season highlights include a game under the lights (program time and location will be different for this event), team pictures, and more! Staff to participant ratio is 1:20.

Dates/Time: Tuesdays ■ June 14-August 9 ■ 6:30-8:30 pm (no July 5)

Location: Tarnhill Park, 9650 Little Road, Bloomington

Cost: \$65, includes team shirt. Please indicate shirt size on registration form.

Register by: May 13, 2016. ***Register early as space is limited!*** TRAIL is available! TRAIL riders must request TRAIL when registering. **TRAIL requires a minimum of five riders, so sign up early!**



Looking for registration forms or want to pre-register/pay for our programs? Go online to www.BloomingtonMN.gov (keyword: arle dance or arle softball) or contact us at 952-563-8877.



Nicole Minton - Recreation Supervisor
Eden Prairie Parks and Recreation

Phone: 952-949-8457

TTY: 952-949-8399

Email: nminton@edenprairie.org

Address: 8080 Mitchell Road, Eden Prairie 55344

Website: www.edenprairie.org

Staff to participant ratio for all programs is 1:3

ACCESS FOR ALL

Adaptive recreation programs are designed for individuals with disabilities. **Staff to participant ratio is 1:3.** Participants should independently demonstrate the following skills:

- Ability to follow the program schedule and adapt to change in routine with minimal prompting
- Willingness to try new activities and adjust to a variety of settings
- Communicate needs and wants
- Ability to dress oneself and use the restroom

If support is needed with one of these skills, then a personal support staff (PSS) must accompany the participant. If a PSS will be attending the program, please inform Nicole Minton, Recreation Supervisor, at nminton@edenprairie.org or 952-949-8457.

REC NIGHT - AGES 12-30

Hang out with friends and play a pick-up game such as pickleball, basketball, and kickball. Wear athletic clothes and shoes. A pizza party is included in the registration fee. Register by March 25; maximum 8

Dates/Time/Cost: Friday ▪ April 1 ▪ 6:00-7:30 pm ▪ Cost \$20 ▪ Code #265201-02

Location: Eden Prairie Community Center Gym 2 West



ADAPTIVE SWIM - AGES 3-5 WITH ADULT

The Swim Possible method helps participants become swimmers by teaching them to feel how their body moves in water and how to breathe calmly while swimming. A hands-on approach gently move participants' bodies and teaches you how to swim more naturally. Register child only. An adult is required to participate in the pool.

Dates/Time/Cost: Sundays ▪ April 17-May ▪ 11:00 am-1:45 pm ▪ Cost \$120 ▪ Code #315101-01

Location: Eden Prairie Community Center Pool

DINING CLUB - AGES 12-22

Join your friends and build your independence in the community. These supervised outings are an opportunity to enhance social skills, restaurant etiquette, and community awareness. Bring money for your meal at the restaurants at Southwest Station. Register by April 10; maximum 8

Dates/Time/Cost: Sunday ▪ Apr 17 ▪ 4:00-6:00 pm ▪ Cost \$28 ▪ Code #255207-02

Location: Drop off/pick up at Eden Prairie Senior Center

SKATING- ADAPTIVE 1 - AGES 10-22

Using personalized instruction, this program encourages skaters of all abilities, at an individual pace, within a group setting. Start by becoming familiar with the ice and learn to stand and fall correctly, then progress to improving balance, coordination, flexibility and strength while learning a number of fundamental skating skills. No previous skating experience is required. Skate rental is available.

Protective head gear (such as a bike helmet) is required. Registration deadline is seven days prior to the start date; maximum 4

Dates/Time/Cost: Wednesdays ▪ April 20-May 25 ▪ 7:10-7:40 pm ▪ Cost \$76 ▪ Code #354101-01

Location: Eden Prairie Community Center Rink 2



FUN WITH FITNESS - AGES 12-22

A low-impact fitness class designed to enhance range of motion, strength and endurance. Register and bring a parent, sibling, or PSS at no cost and workout together. Registration deadline is seven days prior to the start date; maximum 10

Dates/Time/Cost: Saturdays ▪ April 16-May 21 ▪ 10:35-11:30 am ▪ Cost \$55 ▪ Code #355211-01

Wednesdays ▪ April 13-May 11 ▪ 5:35-6:20 pm ▪ Cost \$45 ▪ Code #355211-02

Location: Eden Prairie Community Center Room 201

OUT AND ABOUT CAMP - AGES 12-22

Explore the many things to do around the Twin Cities. Outings will include The Works Museum, Good Times, Sea Life Aquarium, Whirly Ball, and Dave and Busters. Admission fees are included in the registration fee. Drinks and snacks are extra. Registration deadline is ten days prior to the start date; maximum 8

Dates/Time/Cost: Monday-Friday ▪ June 13- June 17 ▪ 9:30 am-3:00 pm ▪ Cost \$210 ▪ Code #355612-01

Location: Nesbitt Preserve Park Building

EQUINE FACILITATED LEARNING CAMP - AGES 12-22

Get a hands-on experience with horses and learn about horse behavior, grooming, leading, bathing and much more. The camp does not include riding a horse. Participants are required to wear close-toed shoes, a riding helmet (available on-site) and have no known allergies to horses, hay or grass. Registration deadline is ten days prior to the start date; maximum 10

Dates/Time/Cost: Monday-Friday ▪ June 20-24 ▪ 9:00-12 noon ▪ Cost \$230 ▪ Code #355610-01

Monday-Friday ▪ July 11-15 ▪ 1:00-3:00 pm ▪ Cost \$155 ▪ Code #355610-02

Location: Nesbitt Preserve Park Building

EQUINE FACILITATED LEARNING CAMP - AGES 8-12

Get a hands-on experience with horses and learn about horse behavior, grooming, leading, bathing and much more. The camp does not include riding a horse. Participants are required to wear close-toed shoes, a riding helmet (available onsite) and have no known allergies to horses, hay or grass. Registration deadline is 10 days prior to the start date; maximum 10

Dates/Time/Cost: Monday-Friday ▪ June 27-July 1 ▪ 1:15-2:45 pm ▪ Cost \$115 ▪ Code #355610-03
Location: We Can Ride

IMPROVISATIONAL SOCIAL SKILLS CAMP - AGES 12-22

Learn to try something new, address the unexpected, and take cues from the people around you. All of these are social skills that can be built through improv games. Learn fun, cooperative games that build the skills needed out in the community. Friends and family are invited to attend a performance on the last day of camp. Registration deadline is ten days prior to the start date; maximum 10

Dates/Time/Cost: Monday-Friday ▪ June 20-24 ▪ 1:00 3:00 pm ▪ Cost \$182 ▪ Code #355613-01
Monday-Friday ▪ July 18-22 ▪ 1:00 3:00 pm ▪ Cost \$182 ▪ Code #355613-02
Location: Community Center Lounge

GET YOUR GLEE ON - AGES 12-22

Sing, boogie, and play a variety of instruments to your favorite and new songs while in a familiar and supportive environment. All abilities and musical backgrounds welcome! Friends and family are invited to attend the performance at the end of the program. Instructor: MacPhail Center for Music. Registration deadline is ten days prior to the start date; maximum 10

Dates/Time/Cost: Monday-Friday ▪ June 27-July 1 ▪ 1:00-3:00 pm ▪ Cost \$180 ▪ Code #355606-01
Location: Senior Center Room 201



HEALTHY HEARTS CAMP - AGES 12-22

Enhance our wellness through activities related to nutrition, fitness, and activities of daily living. Fitness coaches from Next Level F.I.T. onsite three days a week to facilitate circuit training activities that build strength and stamina. Registration deadline is ten days prior to the start date; maximum 10

Dates/Time/Cost: Monday-Friday ▪ June 27-July 1 ▪ 9:00 am-noon ▪ Cost \$135 ▪ Code #355614-01
Monday-Friday ▪ July 25-July 29 ▪ 9:00 am-noon ▪ Cost \$135 ▪ Code #355614-02
Location: Nesbitt Preserve Park Building

OUTDOOR ADAPTIVE RECREATION SAMPLER CAMP - AGES 12-22

Along with the Three Rivers Park District staff, explore a variety of outdoor recreation activities. Use a GPS to go geocaching for safe ingredients and cook yourself a treat over an open fire. Learn archery and stand up paddle boarding, go canoeing with a friend, and try your hand at fishing! Register by July 1; maximum 10

Dates/Time/Cost: Monday-Friday ▪ July 11-15 ▪ 9:00 am-noon ▪ Cost \$135 ▪ Code #355615-01
Location: Nesbitt Preserve Park Building

FRIENDS TOGETHER CAMP - AGES 12-22

Expand your interests and personal skills through creative projects, games and outdoor activities within a structured recreational environment. Registration deadline is ten days prior to the start date; maximum 10

Dates/Time/Cost: Monday-Friday ▪ July 18-22 ▪ 9:00 am-noon ▪ Cost \$105 ▪ Code #355602-01
Monday-Friday ▪ Aug 1-5 ▪ 9:00 am-noon ▪ Cost \$105 ▪ Code #355602-02
Monday-Friday ▪ Aug 8-12 ▪ 9:00 am-noon ▪ Cost \$105 ▪ Code #355602-03
Monday-Friday ▪ Aug 15-19 ▪ 9:00 am-noon ▪ Cost \$105 ▪ Code #355602-04
Location: Nesbitt Preserve Park Building



SOCIAL SKILLS CAMP - AGES 12-22

The Art of Social Skills focuses on developing social, emotional and communication skills vital to success in school, work, and life while exploring the fundamentals of visual art, theater, poetry, music, and dance with local professional artists from Upstream Arts in a fun and interactive environment. Participants act, write, dance, paint, create, experience, socialize and learn. Instructor: Upstream Arts. Register by July 15; maximum 15

Dates/Time/Cost: Monday-Friday ▪ July 25-29 ▪ 1:00-3:00 pm ▪ Cost \$195 ▪ Code #355601-01
Location: Senior Center Room 201

THEATRE SKILLS CAMP - AGES 12-22

Explore your world through art and imagination. Learn the fundamental skills of theatre in a fun and supportive environment. Make your own act, to share with your family and friends, during a performance on the last day of camp. Register by July 22; maximum 12

Dates/Time/Cost: Monday-Friday ▪ Aug 1-5 ▪ 1:00-3:00 pm ▪ Cost \$175 ▪ Code #355616-01
Location: Community Center Cambria Room

SPORTS SAMPLER CAMP - AGES 12-22

Have fun with your friends while learning the fundamentals of baseball, soccer, and basketball. Cheer for your Minnesota Twins at Target Field when they take on the Houston Astro Thursday afternoon, August 11. The cost of ticket is included in the registration fee. Register by July 29; maximum 10

Dates/Time/Cost: Monday-Friday ▪ Aug 8-12 ▪ 1:00-3:00 pm ▪ Cost \$165 ▪ Code #355617-01
Location: Nesbitt Preserve Park Building

THINGS THAT POP CAMP - AGES 12-22

This camp is all about things that go pop. From Andy Warhol's Pop Art to pop up books, students will have fun thinking about what it means to "pop" in art. Students will create their own Pop Art using print making, sculpture, book making and painting with acrylic on canvas. Register by Aug 5; maximum 8

Dates/Time/Cost: Monday-Friday ▪ Aug 15-19 ▪ 1:00-3:00 pm ▪ Cost \$145 ▪ Code #355618-01
Location: Art Center Main Studio



Eden Prairie Spring & Summer Registration information on page 17.



Amanda Clarke - Recreation Supervisor
Edina Parks and Recreation

Phone: 952-826-0433

TTY: 952-826-0379

Email: aclarke@EdinaMN.gov

Address: 4801 W. 50th Street, Edina 55424

Website: www.EdinaParks.com

DREAM ICE SKATING

This class encourages skaters ages 5-15 to follow their dreams. Skaters of all abilities will have fun learning to skate at their own pace. Taught by certified coaches and supported by 1:1 volunteers. No previous skating experience needed, hockey helmet required.

Dates: Sundays ■ April 10, 17, 24, May 1, 15, 22

Time: 10:40 - 11:30 am

Location: Braemar Ice Arena, 7501 Ikola Way

Cost: \$100

Register by: March 14; minimum 6, maximum 20



LARRY NELSON GOLF PROGRAM AND LESSONS*

This program will review golf etiquette, basic skills, and rules of golf. Designed for all levels of golfers. Join us Friday nights at Braemar Golf Course Driving Range. Ages 11 and up welcome. ***This program uses TRAIL which requires a minimum of five riders, so sign up early!***

Dates: Fridays ■ May 6 - June 17

Time: 6:30 - 7:30 pm

Location: Braemar Golf Course Driving Range

Cost: \$70 resident; \$75 non-resident,

Register by: April 17; minimum 8, maximum 20

****Please note this program has been slightly modified from previous years due to construction on the executive course.****



Edina Spring & Summer Registration forms are on page 17.



ADAPTIVE WATER AEROBICS

Aerobic strengthening, stretching and range-of-motion exercises, all in the comfort of the Edinborough Park pool. Boost fitness levels and minimize the impact on your bones/muscles as you exercise. The pool has a chair lift for easy entrance and exit. Ages 16 and up are welcome; group home staff bringing more than two participants must provide support in the water. ***This program uses TRAIL which requires a minimum of five riders, so sign up early.***

Dates: Wednesdays

Session I: June 8-29 Session II: July 6-27

Time: 7:15 pm - 8:15 pm

Location: Edinborough Park, 7700 York Avenue South

Cost/Register: \$42 Register by May 27; minimum 10, maximum 25



ADAPTIVE THEATRICAL PERFORMANCE CAMP - PLAY TO BE DETERMINED

It's one of our most popular teen camps! After viewing a movie, campers will learn lines and songs, as well as create the sets for the exciting performance that is held on the last day of camp. This program is open to ages 13-21.

Dates/Time: Monday - Thursday August 8-11 10:00 am - 3:00 pm

Friday August 12 9:30 am - 1:00 pm Performance at 1:00 pm

Location: Edinborough Park, 7700 York Avenue, Edina

Cost/Register: \$160 Register by July 15; minimum 8, maximum 20



***You're a star! Sign up soon
for the hottest ticket to the
coolest week this summer!***

Theater Camp 2016

***Like to be on stage?
Theater Camp 2016 is your
chance to shine. Spots are
limited, so sign up early!***





Ann Jindra - Recreation Supervisor
Richfield Recreation Services

Phone: 612-861-9361

TTY: 711 (Minnesota Relay Service)

Email: ajindra@cityofrichfield.org

Address: 7000 Nicollet Avenue South, Richfield 55423

Website: www.cityofrichfield.org



MOVIES AND MUNCHIES

Meet new people, visit with friends, and enjoy a movie on the big screen!

Who: Adults 18 and older. Support staff are asked to assist clients as needed.

Dates/Time: Fridays ▪ 7:00 - 9:00 pm

Apr 1 *The Peanuts Movie*

May 6 *Daddy's Home* (\$8 movie & pizza)

Location: Richfield Community Center, 7000 Nicollet Avenue South

Cost: \$5 per movie **payable at the door**. \$8 for May 6 movie & pizza. This is to cover the cost of your munchies. Support Staff are invited to attend free of charge. (May 6 staff are required to pay \$6 if they would like pizza.)

Register by: Movies & Munchies is a drop-in program but prior registration is appreciated by calling 612-861-9385. TRAIL riders: Call by 12:00 pm the Tuesday before each movie to request a ride or check the box on the registration form. Max 50.



CARDIO FITNESS

Stay in great shape with an aerobic exercise program improving your overall fitness level. Please wear workout shoes and clothes.

Who: Adults 18 and older who can be safely supervised by 1 staff person per 25 participants and follow simple choreography.

Dates/Time: Mondays and Wednesdays ▪ March 28-May 18 ▪ 7:00 - 8:00 pm

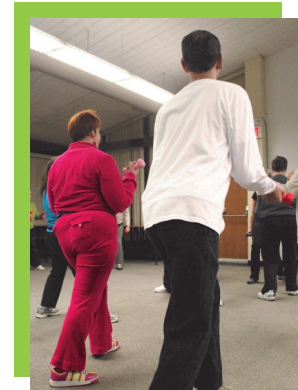
Location: Richfield Community Center, 7000 Nicollet Avenue South

Cost: 2 days per week: \$42 resident, \$48 nonresident

1 day per week: \$21 resident, \$24 nonresident

Please indicate Mon and/or Wed on registration form. TRAIL is available on Wednesday nights. Minimum of five riders and maximum of and twenty riders.

Register by: March 23; minimum 10, maximum 25 per night



STEP TO IT WALKING CLUB

Walking is great exercise and the best time to walk is summer! Join the summer walking club! We will be walking around the Kennedy High School Track. Remember to dress for the weather, wear tennis shoes & **BRING A WATER BOTTLE!!!** If it rains we will walk inside the Kennedy Activity Center. **TRAIL requires a minimum of five riders, so sign up early!**

Who: Adults 18 and older who can safely be supervised by 1 staff person per 25 participants

Dates: Mondays ▪ June 6-August 22, no class July 4 (August 29 weather makeup)

Time: 7:00 - 8:00 pm

Location: Kennedy High School Track, 150 East 98th Street, Bloomington

Cost: \$38 resident, \$43 nonresident

Register by: May 31; minimum 10, maximum 25



Richfield Spring & Summer Registration forms are on page 19.



SPRING GOOD HAPPENINGS

Good Happenings is a social club for adults 22 and older who enjoy participating in recreational activities and events with a group of friends. Activities are listed below. Sign up for all or select just a few of the activities offered!

Bingo Palooza – Calling all Bingo lovers! Join us for an exciting night of Bingo and winning cool prizes! Who knows, you may even win the Grand Prize! Please eat dinner beforehand. Registration deadline: March 18; min 15, max 40

Date: Thurs, Mar 24 Time: 7:00-8:30 pm Location: Richfield Community Center Cost: \$10
Staff cost: \$0

Hard Rock Café at MOA – Dine like a rock star at the Hard Rock Café! Enjoy dinner with dessert and check out one of the world's greatest rock and roll memorabilia collections. Registration deadline: April 6; min 15, max 40

Date: Tues, Apr 12 Time: 6:45-8:45 pm Location: Meet at MOA North Cost: \$24
Entrance, First level Staff cost: \$20 for dinner

Pillow Project – Create your own pillow! You choose the colors and shapes to make your own unique throw pillow, designed by local artist, Mike LaFond. Give it as a gift or make it for yourself! Please eat dinner beforehand. Registration deadline: April 15; min 10, max 30

Date: Fri, Apr 29 Time: 6:45-8:00 pm Location: Richfield Community Center Cost: \$17
Staff cost: \$0

Uno & Root Beer Floats – There's nothing better than playing Uno with friends and enjoying ice-cold root beer floats! Please eat dinner beforehand. Registration deadline: May 6; min 15, max 30

Date: Thurs, May 12 Time: 7:00-8:30 pm Location: Richfield Community Center Cost: \$10
Staff cost: \$0

Bowling @ Brunswick Zone – Keep up on your bowling game and spend an evening with friends bowling and having pizza for dinner! We have 10 lanes reserved for 40 lucky bowlers! Registration deadline: May 19; min 15, max 40

Date: Wed, May 25 Time: 6:45-8:30 pm Location: Brunswick Zone Eden Prairie Cost: \$15
Staff cost: \$8 - for pizza & soda



SUMMER GOOD HAPPENINGS

Good Happenings is a social club for adults 22 and older who enjoy participating in recreational activities and events with a group of friends. Activities are listed below. Sign up for all or select just a few of the activities offered!

Tacos & Tunes – The ever popular Tacos & Tunes is back! Build your own taco of tasty fixings, plus salsa and chips. Then listen to a lively outdoor concert in Ausburg Park or indoor games if it rains! **Register with Learning Exchange on page 15.**

Date: Thurs, Jun 9 Time: 6:30-8:15 pm Location: Richfield Community Center Cost: \$16
Staff cost: \$8 for dinner

"Seussical" Outdoor Musical – Enjoy an evening outside as the Eden Prairie Players perform "Seussical"! Remember to bring a lawn chair or blanket to sit on! Snacks will be provided. Registration deadline: June 17; min 15, max 40

Date: Thurs, June 23 Time: 6:45-8:45 pm Location: Starring Lake Amphitheatre Cost: \$10
Eden Prairie Staff cost: \$0

13th Annual Summer Picnic – It's that time of year again, the annual Good Happenings picnic with your friends! We will have great food, play BINGO and sand volleyball! We will picnic in Shelter #3. Registration deadline: July 8; min 10, max 40

Date: Thurs, July 14 Time: 6:45-8:45 pm Location: Bush Lake Park, Bloomington Cost: \$15
9140 E. Bush Lake Rd Staff cost: \$8 for picnic dinner

St. Paul Saints Game – Outdoor baseball at its best! The Saints will be playing an evening ballgame against the Sioux Falls Canaries. You will receive \$5 in Saints bucks to purchase concessions. If you need extra food, please bring \$! Must register by June 24, cancellations will not be accepted after this date. min 15, max 30

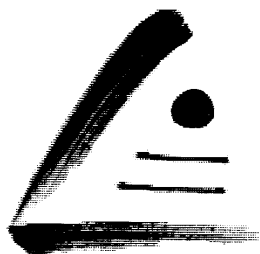
Date: Sun, July 24 Time: 3:45-9:00 pm Location: Pickup/Drop-off Cost: \$32
Richfield Community Ctr. Staff cost: \$14 for ticket only, all
accompanying staff must purchase ticket

Bowling @ Brunswick Zone – Get ready for fall bowling season, practice and spend an evening with friends bowling and having pizza for dinner! We have 10 lanes reserved for 40 lucky bowlers! Registration deadline: Jul 28; min 15, max 40

Date: Wed, Aug 3 Time: 6:45-8:30 pm Location: Brunswick Zone Eden Prairie Cost: \$15
Staff cost: \$8 - for pizza & soda

Minnesota Zoo – Lions and tigers and bears, oh my! Spend a day at the Minnesota Zoo visiting your favorite animals. Bring your own spending money for lunch! Dress for the weather, wear comfortable shoes and sunscreen. Must register by August 8, cancellations will not be accepted after this date. min 15, max 30

Date: Sun, Aug 21 Time: 11:30 am-4:30 pm Location: Pickup/Drop-off Cost: \$28
Richfield Community Ctr. Staff cost: \$15 for admission



Learning Exchange

Janet Clarke - Coordinator

Learning Exchange

Phone: 952-681-6121 TTY: 711 (Minnesota Relay Service)

Email: jclarke@isd271.org

Judy Stelmazek - Learning Exchange Program Secretary

Phone: 952-681-6109

Email: jstelmazek@isd271.org

Address: 2575 West 88th Street, Bloomington 55431

Website: www.bloomington.k12.mn.us

Learning Exchange classes are for adults, 18 years and older.

On-line Registration Site and Web Site: For on-line registration, go to br.thatscommunityed.com and create an account. Or link from our web page at bloomington.k12.mn.us and click on *Community Services*, then *Adults with Disabilities*, then *Register for Classes*.

Personal Leisure and Healthy Lifestyles



AR&LE SPRING RETREAT: ACTING FOR HEROES & VILLAINS!

Hero or villain, either way you can have a great time performing to bring out the character in you! Explore how a person becomes a hero or a villain, review acting basics and create scenes with others. Led by Combustible Company actors, this dynamic afternoon will include a snack break and an opportunity to share your heroic or dastardly scene at the end of the retreat. Have costume pieces for a hero or villain? Bring them with you, if you want!

Date/Time: Saturday ▪ April 30 ▪ 2:00 - 4:00 pm

Location: Edina Senior Center, 5280 Grandview Square, Edina

Cost: \$20, includes snack; \$4 staff snack; checks payable to **ISD 271**

Register by: April 16; minimum 6, maximum 25



ANXIETY AND EMOTIONS: HEALTHY PERSPECTIVES

Everyone feels anxious at different times in their lives. How do we identify that feeling and how can we work through the anxiety? Come discover how to better understand yourself and others regarding anxiety and emotions. Led by Tom Colbert, a licensed psychologist.

Date/Time: Thursday ▪ April 21 ▪ 7:00 - 8:15 pm

Location: Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington

Cost: \$10, checks payable to **ISD 271**

Register by: April 7; minimum 6, maximum 20



NEW! PAMPER PARTY!

Join your friends at this gathering for a mini 'hand spa' experience! Soak away winter in a fizzy hand bath, enjoy a mini hand massage with spring-scented lotions, and enjoy a manicure to get your hands springtime ready. (No nail polish this night, but your hands will feel great!) We'll also munch on snacks and chat together. What a wonderful way to pamper yourself and relax after a long winter! Led by Anna (Hagensen) Reynolds.

Date/Time: Tuesday ▪ April 26 ▪ 7:00 - 8:15

Location: Edina Community Center, room 165, 5701 Normandale Road, Edina (enter door 4)

Cost: \$14, checks payable to **ISD 271**

Register by: April 12; minimum 6, maximum 14



FIRE STATION TOUR AND SAFETY TIPS

See what fire fighters use when they fight fires – from trucks to protective gear and more. Update your knowledge of household fire dangers and how to keep yourself and others safe!

Date/Time: Tuesday ▪ May 10 ▪ 7:00 - 8:30 pm

Location: Fire Station #1, 10 West 95th Street, Bloomington

Cost: \$8, Checks payable to **ISD 271**

Register by: April 26; minimum 6, maximum 25





VOLUNTEER AND SOCIAL TIME

Come volunteer with your friends at the Arc's Value Village store in Bloomington. Volunteers will help unpack, sort and tag donations and fill the sales floor. Make a difference in the community by offering your help! We'll have a half-hour social time afterwards at McDonald's, by walking across the parking lot. Cost of a small treat at McDonald's included in registration price. Bring extra money if you want more. Important: Wear closed-toed shoes, no sandals or flip flops.

Date/Time: Tuesday ▪ May 17 ▪ 6:30 - 8:30 pm
Location: **Drop off:** Enter back of store at Arc's Value Village
 10546 France Avenue South
Pick up: McDonald's, 4000 West Old Shakopee Road
Cost: \$5, checks payable to **ISD 271**
Register by: May 3; minimum 6, maximum 16



VALUE VILLAGE
 THRIFT STORE & DONATION CENTER



MODEL BOATING NIGHT!

Hear a short presentation from members of the Edina Model Yacht Club. Then stand on shore and try your hand at operating a radio-controlled miniature boat on Centennial Lake. Enjoy watching the variety of miniature boats and other scenery at Centennial Lakes Park. Dress to enjoy the great outdoors!

Date/Time: Thursday ▪ May 26 ▪ 7:00 - 8:15 pm
Location: Centennial Lakes Park, 7499 France Ave. So., Edina
 (lower level by Hughes Pavilion for drop off/pick up)
Cost: \$8, checks payable to **ISD 271**
Register by: May 16; minimum 6, maximum 25



FRIENDSHIP SKILLS: BINGO, TRIVIA AND CONVERSATION

Let's play Bingo (yes, with prizes) and Star Wars/Disney Movie Trivia - we'll have questions on both topics! Between games, we'll practice conversation skills from questions that were part of the games. What a great way to have fun and get to know people!

Date/Time: Monday ▪ May 23 ▪ 7:00 - 8:15 pm
Location: Washburn Elementary School Lunchroom, 8401 Xerxes Avenue South, Bloomington
Cost: \$10, checks payable to **ISD 271**
Register by: May 9; minimum 6, maximum 25



SHOOTING POOL

Have a blast learning the basics of shooting pool or practicing what you already know! This class shows you the basics and will give you time to play several games with other class members and volunteers from the Pool Room.

Date/Time: Monday ▪ May 2 ▪ 7:00 - 8:15 pm
Location: Edina Senior Center, 5280 Grandview Square, Edina
Cost: \$8, checks payable to **ISD 271**
Register by: April 18; minimum 6, maximum 12



CHAIR YOGA AND RELAXATION

Come stretch, breathe, feel more energized, but relaxed! It's the magic of yoga. We'll do poses and relaxation exercises seated in a chair - no laying on the ground, no mats. As with all exercise classes, if you have any health issues, check with a doctor first.

Dates: Tuesdays ▪ April 5 ▪ May 3 ▪ May 24
Time: 7:00 - 8:00 pm
Location: Fraser Sheridan Court Commons Room, 2500 W. 66th Street, Richfield
Cost: All three classes for only \$14, checks payable to **ISD 271**
Register by: March 22; minimum 6, maximum 12



Arts & Crafts



TROPICAL PLANT & MARBLED POT!

Decorate a clay pot by dipping it in swirling paint, then plant your own tropical pothos plant! Learn about caring for your plant as well. Great for your own home or as a Mother's Day gift!

Date/Time: Tuesday ▪ April 19 ▪ 7:00 - 8:15 pm
Location: Washburn Elementary School Lunchroom, 8401 Xerxes Avenue South, Bloomington
Cost: \$14, checks payable to **ISD 271**
Register by: April 5; minimum 6, maximum 16





NINJA STRESS BALLS & JUGGLING!

Make three of your own grip-able, squeeze-able stress balls. If you want to, decorate them as little ninjas, or superheroes or leave them as colorful balls. These balls are great for squeezing when you are stressed, make wonderful gifts, or you can keep them and use them for juggling. Learn the basics of 3 ball juggling at the end of class or use your creations to try other games!

Date/Time: Monday ▪ May 9 ▪ 7:00 - 8:00 pm

Location: Washburn Elementary School Lunchroom, 8401 Xerxes Avenue South, Bloomington

Cost: \$12, checks payable to **ISD 271**

Register by: April 25; minimum 6, maximum 16

Cooking Classes



TACOS & TUNES PICNIC - IN COOPERATION WITH GOOD HAPPENINGS

That's right, the popular Tacos & Tunes is back! Build your own taco of tasty fixings, plus salsa and chips. Then, listen to a lively outdoor concert in Augsburg Park next to the Community Center. Bring a folding lawn chair or blanket to sit on. Bring outdoor clothing to keep warm if it is cool. If it rains, we'll have indoor games to continue the fun! Additional dinner for staff, \$8.

Date/Time: Thursday ▪ June 9 ▪ 6:30 - 8:15 pm (*note different time*)

Location: Richfield Community Center, 7000 Nicollet Avenue South, Richfield

Cost: \$16 for participant; staff dinner \$8, checks payable to **ISD 271**

Register by: May 26; minimum 10; maximum 40



DINING CLUB

Do you love to help make food then eat it?! Dining Club is for all ability levels of learners who can follow safety instructions. Staff/volunteer to participant ratio is approximately 1:3; group home staff are expected to stay and assist. The focus is preparing food together and socializing while eating and washing dishes together. Bring containers for potential leftovers and take home the written recipe!

TRAIL riders: Only ONE Thursday cooking class has TRAIL. Usually it is the second Thursday class of a pair of classes. See registration form to verify that your choice offers TRAIL.

Time: Dining Club classes meet from 7:00 pm - 8:30 pm

NEW Location: Kennedy High School; Cooking Lab C103, 9701 Nicollet Ave. So., Bloomington

Cost: \$15 per class, checks payable to **ISD 271**

Register by: Two weeks before class; minimum 6, maximum 15 (Hurry, these fill fast!)



Pork Tenderloin and Potatoes

Thursday, April 14 or Thursday, April 28 (TRAIL)

Delicious and moist pork tenderloin and tasty scalloped potatoes made on the stove are just the thing to bridge winter into spring!

Cake Wars!

Thursday, May 5 or Thursday, May 19 (TRAIL)

Which cake will be your favorite? Join us as each kitchen makes a different cake; Carrot Cake, Crazy Cake, the popular Southern Pig Pickin' Cake and Dump Cake. Taste each and vote for the one you like the best! (Eat dinner before you come to class.)

Specific Group Programs for Young Adults

Coming in the fall: Speaking and Listening for Work and Friendships!

Looking for other classes with people who share your interests? You might like:

- **Pamper Party!** ▪ see page 12
- **Anxiety and Emotions: Healthy Perspectives** ▪ see page 12
- **Ninja Stress Balls and Juggling!** ▪ see page 14

IMPORTANT LEARNING EXCHANGE REGISTRATION INFORMATION!

Learning Exchange classes are customized to meet the needs of adults with developmental or cognitive disabilities, ages 18 and older.

Registration and Payment: Pre-registration and pre-payment is required for all classes. Walk-in participants are not allowed.

Supervision: Participants requiring personal assistance for physical and/or behavioral issues must be accompanied by a caregiver.

Medication and Seizures: Instructors and staff are not licensed to administer medications. If medications are required during a class, a caregiver must attend to administer the medication. A caregiver must accompany participants with active seizure disorders. Contact Janet Clarke if questions: 952-681-6121, jclarke@isd271.org.

Three or more people registering from the same address/residential provider: A care provider should attend the class to assist the participants.

Register on-line with a credit card or link to your checking account:
br.thatscommunityed.com Or mail in this form with payment to:
ISD 271 - Learning Exchange, 2575 W. 88th Street, Bloomington, MN 55431

Note: Checks MUST be made payable to ISD 271 or they will be returned. Thanks!

Learning Exchange Registration Form

Participant Name	Home Phone	E-mail	Age
Address	Apt. #	City	Zip Code
Birth Date			
Staff will attend: Yes ___ No ___ Allergies/Medical Concerns:			
Parent/Guardian	Home Phone	Cell/Work Phone	E-mail
Emergency Contact	Phone/s	Relationship	

THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.

WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City or School District shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City or School District, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City or School District, its agents or employees from any such claims, injuries, or damages.

WAIVER: I understand and agree that Adaptive Recreation and Learning Exchange may use my photo image for publicity purposes.

Participant or Parent/Guardian Signature _____

Date _____

TRAIL Riders please check TRAIL Box

<u>Class ID</u>		<u>Cost</u>	<u>TRAIL</u>
Personal Leisure & Healthy Lifestyles			
LE69S-A	AR&LE Spring Retreat: Acting for Heroes, Apr 30	\$20	<input type="checkbox"/>
LE69S-B	Staff snack for AR&LE Spring Retreat, Apr 30	\$4	<input type="checkbox"/>
LE135S	Anxiety & Emotions: Healthy Perspectives, Apr 21 ...	\$10	<input type="checkbox"/>
LE136S	NEW! Pamper Party!, Apr 26	\$14	<input type="checkbox"/>
LE137S	Fire Station Tour & Safety Tips, May 10	\$ 8	<input type="checkbox"/>
LE104S	Volunteer & Social Time!, May 17	\$ 5	<input type="checkbox"/>
LE138S	Model Boating Night!, May 26	\$ 8	<input type="checkbox"/>
LE36S	Friendship Skills: Bingo, Trivia, May 23	\$ 10	<input type="checkbox"/>
LE16S	Shooting Pool, May 2	\$ 8	<input type="checkbox"/>
LE11S	Chair Yoga and Relaxation		
	Tuesdays: Apr 5, May 3, May 24.....	\$14	<input type="checkbox"/>
Arts & Crafts			
LE139S	Tropical Plant & Marbled Pot!, Apr 19	\$14	<input type="checkbox"/>
LE140S	Ninja Stress Balls & Juggling, May 9	\$12	<input type="checkbox"/>

<u>Class ID</u>		<u>Cost</u>	<u>TRAIL</u>
Cooking Classes			
LE44S-A	Tacos & Tunes Picnic w/Good Happenings, June 9	\$16	<input type="checkbox"/>
LE44S-B	Staff meal for Tacos & Tunes Picnic	\$8	<input type="checkbox"/>
Dining Club Note: TRAIL only available on some Thursdays. TRAIL Riders should make sure the class you select has TRAIL available.			
Pork Tenderloin & Potatoes			
LE141S-A	Thurs, Apr 14	\$15	<input type="checkbox"/>
LE141S-B	Thurs, Apr 28	\$15	<input type="checkbox"/>
Cake Wars!			
LE142S-A	Thurs, May 5	\$15	<input type="checkbox"/>
LE142S-B	Thurs, May 19	\$15	<input type="checkbox"/>

Mail complete form to: ISD 271/Learning Exchange
2575 W 88th Street
Bloomington, MN 55431

Checks MUST be made payable to ISD 271 or they will be returned.

TOTAL FEE(S) PAID: \$ _____ ☐ Check/Money Order Payable to: **ISD 271**

Credit Card: ☐ Visa ☐ MasterCard ☐ Discover

Number _____ Exp. Date _____

By signing above, I authorize my Credit Card to be charged

_____ Date

Join us at:

TRAIL's Annual Meeting

Monday ■ April 18, 2016

7 to 8:30 pm

Embassy Suites West



Driving for Independence for 25 years!

Here's your chance to hang out with fellow TRAIL riders, board and family members and donors!

Enjoy a picture slideshow and free refreshments. Find out TRAIL's 2015 top ten riders!

Free transportation for TRAIL riders! Call Michelle at 612-401-6395 by April 13th to schedule your ride.

Save the date!!

TRAIL 25 Year Celebration & AR&LE Dance

Sunday ■ October 2, 2016

Embassy Suites West

Let's party and celebrate TRAIL's 25 years of providing subsidized transportation to AR&LE programs for adults living independently/semi-independently.

Enjoy an appetizer buffet and program, followed by dance and dessert buffet, featuring a chocolate fountain! Music by Generations A to Z!

Look for details in the AR&LE Fall 2016 catalog!



Driving for Independence for 25 years!

MacPhail Center for Music

PRIVATE MUSIC THERAPY SESSIONS OR ADAPTIVE LESSONS - ALL AGES

Students are assessed before a treatment plan is implemented to meet individual needs and strengths. To register for music therapy, a placement interview is necessary to gather information that will aid in placing the student with an appropriate music therapist. A board-certified music therapist will assess the student's strengths and needs and then create a treatment plan that will outline the goals and objectives to guide the course of services. Ongoing documentation of progress and consultation with care providers occurs in order to maintain a high quality of therapy.

Cost: \$78.00 for 1 hour
\$58.50 for 45 minutes
\$39.00 for 30 minutes



Contact Jane Laine, MacPhail Music Therapy Manager at 612-767-5596 or laine.jane@macphail.org for more information or to set up a placement interview.

Financial assistance is available for families who meet the eligibility guidelines. To learn more about receiving financial assistance, music therapy services or to register, call MacPhail's music therapy department manager at 612-767-5596 or email laine.jane@macphail.org

EDEN PRAIRIE REGISTRATION NOW ONLINE!

Access Eden Prairie online registration system at edenprairie.org/register. If you have not participated in a program offered by Eden Prairie's Adaptive Recreation, you will need to create an account. Simply click on "Create an Account" and enter all the required information. Add family members, additional contact information such as your email and participants birthdate.

You can enter the code number and go directly to the program. Add programs to your cart, and pay with Discover, Visa, or MasterCard.

Need some assistance, call the Community Center at 952-949-8470. Registration begins March 16, 2016 at 7 am.

**Lunch
Break!**

**Are you registered for a morning and afternoon camp?
Stay for lunch and hang out with friends. Transportation
provided. No registration necessary!**



Edina Registration Form

Participant Name		Home Phone	Cell Phone	E-mail		Age												
Address/City			Apt. #	Zip Code	Birth Date													
Special Information: Will PCA or Staff Attend with participant? <input type="checkbox"/> Yes <input type="checkbox"/> No				Dietary needs/allergies:														
In order to participate in AR&LE programs, participants must have a completed Participant Profile on file. For more information see page 2 of this catalog																		
Parent/Guardian		Home Phone	Cell Phone	E-mail														
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>																		
Participant or Parent/Guardian Signature				Date														
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;"></td> <td style="text-align: right; width: 20%;"><u>TRAIL</u></td> </tr> <tr> <td>DREAM Ice Skating</td> <td style="text-align: right;">\$100</td> </tr> <tr> <td>Adaptive Water Aerobics, Session I</td> <td style="text-align: right;">\$42 <input type="checkbox"/></td> </tr> <tr> <td>Adaptive Water Aerobics, Session II</td> <td style="text-align: right;">\$42 <input type="checkbox"/></td> </tr> <tr> <td>Larry Nelson Golf Program & Lessons</td> <td style="text-align: right;">\$70/\$75 <input type="checkbox"/></td> </tr> <tr> <td>Theatrical Performance Camp.....</td> <td style="text-align: right;">\$160</td> </tr> </table>					<u>TRAIL</u>	DREAM Ice Skating	\$100	Adaptive Water Aerobics, Session I	\$42 <input type="checkbox"/>	Adaptive Water Aerobics, Session II	\$42 <input type="checkbox"/>	Larry Nelson Golf Program & Lessons	\$70/\$75 <input type="checkbox"/>	Theatrical Performance Camp.....	\$160	Mail completed form and check payable to the City of Edina to: Edina Parks and Recreation 4801 W 50 th Street Edina MN 55424		
	<u>TRAIL</u>																	
DREAM Ice Skating	\$100																	
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TOTAL FEE(S) PAID: \$ _____																		
Credit Card Information _____ Exp. Date _____																		



AR&LE Adaptive Adult & Youth Softball

Adaptive Youth Softball: Ages 10-18

Mondays ■ June 13 to August 8 ■ 6:30 - 8:30 pm (no July 4)

- Co-Rec program where players learn basic rules and good sportsmanship through fun, creative drills and games.
- First part of each night will focus on skill building.
- Games will begin the second or third week.
- Cost \$65 - register by May 13, 2016
- **Sign up early as space is limited!**

Adaptive Recreational Softball: Ages 19+

Tuesdays ■ June 14 to August 9 ■ 6:30 - 8:30 pm (no July 5)

- Co-Rec program designed for players with **or** without softball experience. (non-competitive)
- Review and develop softball skills.
- Coaches will encourage good sportsmanship, further develop skills and a better understanding of the rules and positions.
- Cost \$65 - register by May 13, 2016
- **Sign up early as space is limited!**

Adaptive Competitive Softball: Ages 19+

Tuesdays ■ June 14 to August 9 ■ 6:30 - 8:30 pm (no July 5))

- Co-Rec program designed for players with softball experience who want to play competitively.
- Review and develop softball skills and good sportsmanship.
- Balanced teams will be developed after player skill evaluations are completed so games will be fun for everyone.
- Cost \$65 - register by May 13, 2016
- **Sign up early as space is limited!**

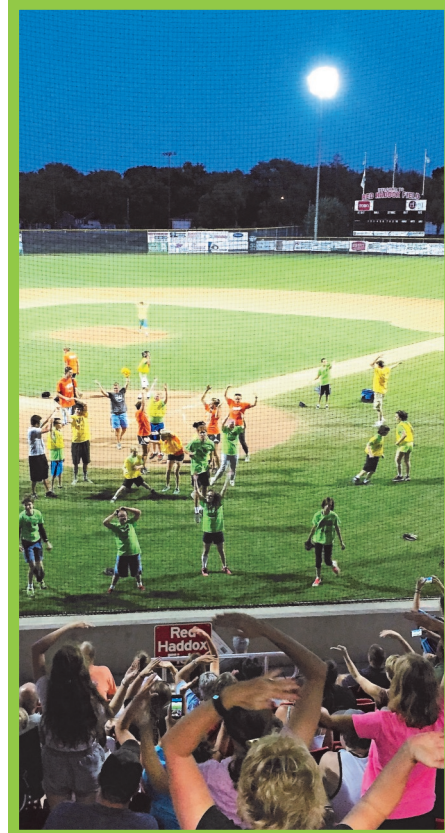
Season Highlights:

- Program held at Tarnhill Park, 9650 Little Road, Bloomington
- T-shirts
- Team Pictures
- End of season celebration with a game under the lights!
(Program times and location will be different for this event.)

Registration forms available online at www.BloomingtonMN.gov ("ARLE Softball") or contact City of Bloomington Parks and Recreation at 952-563-8877.



TRAIL transportation is available for adult competitive and recreational softball and **requires a minimum of five riders**. To find out more about TRAIL, see page 3 or go to www.ridetrail.org.



Richfield Spring Registration Form

Participant Name		Home Phone	Cell Phone	E-mail	Age
Address/City			Apt #	Zip Code	Birth Date
Special Information:			Food Allergies:		
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog					
Emergency Contact		Home Phone	Cell Phone		
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>					
Participant or Parent/Guardian Signature _____			Date _____		
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box. <div style="text-align: center;"> <u>R</u> <u>NR</u> </div> Movies & Munchies The Peanuts Movie (Apr 1) <input type="checkbox"/> TRAIL Daddy's Home (May 6) <input type="checkbox"/> TRAIL Cardio Fitness Spring Session: Mon. & Wed..... <input type="checkbox"/> \$42 <input type="checkbox"/> \$48 <input type="checkbox"/> TRAIL Spring Session: Mon. or Wed (circle one)... <input type="checkbox"/> \$21 <input type="checkbox"/> \$24 <input type="checkbox"/> TRAIL *Note: TRAIL is only available Wednesday nights.			<u>Spring Good Happenings</u> Bingo Palooza, Mar 24 <input type="checkbox"/> \$10 <input type="checkbox"/> \$0 <input type="checkbox"/> Hard Rock Café, Apr 12 <input type="checkbox"/> \$24 <input type="checkbox"/> \$20 <input type="checkbox"/> Pillow Project, Apr 29 <input type="checkbox"/> \$17 <input type="checkbox"/> \$0 <input type="checkbox"/> Uno & Root Beer Floats, May 12 <input type="checkbox"/> \$10 <input type="checkbox"/> \$0 <input type="checkbox"/> Bowling @ Brunswick, May 25 <input type="checkbox"/> \$15 <input type="checkbox"/> \$8 <input type="checkbox"/>		
Mail completed form and check, payable to the City of Richfield to: Richfield Recreation Services 7000 Nicollet Avenue Richfield, MN 55423					
YOU WILL NOT RECEIVE A RECEIPT VERIFYING YOUR REGISTRATION.					
Credit Card Information _____			TOTAL FEE(S) PAID: \$ _____ Exp. Date _____		



Richfield Summer Registration Form

Participant Name		Home Phone	Cell Phone	E-mail	Age
Address/City			Apt #	Zip Code	Birth Date
Special Information:			Food Allergies:		
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog					
Emergency Contact		Home Phone	Cell Phone		
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>					
Participant or Parent/Guardian Signature _____			Date _____		
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box. <div style="text-align: center;"> <u>R</u> <u>NR</u> </div> Step to it Walking Club <input type="checkbox"/> \$38 <input type="checkbox"/> \$43 <input type="checkbox"/> TRAIL <u>Summer Good Happenings</u> Taco & Tunes, June 9 - See Learning Exchange page 15			<u>Summer Good Happenings</u> "Seussical" Outdoor Musical, Jun 23 <input type="checkbox"/> \$10 <input type="checkbox"/> \$0 <input type="checkbox"/> 13th Annual Summer Picnic, July 14 <input type="checkbox"/> \$15 <input type="checkbox"/> \$8 <input type="checkbox"/> St. Paul Saints Game, Jul 24 <input type="checkbox"/> \$32 <input type="checkbox"/> \$14 <input type="checkbox"/> Bowling @ Brunswick, Aug 3 <input type="checkbox"/> \$15 <input type="checkbox"/> \$8 <input type="checkbox"/> Minnesota Zoo, Aug 21 <input type="checkbox"/> \$28 <input type="checkbox"/> \$15 <input type="checkbox"/>		
Mail completed form and check, payable to the City of Richfield to: Richfield Recreation Services 7000 Nicollet Avenue Richfield, MN 55423					
YOU WILL NOT RECEIVE A RECEIPT VERIFYING YOUR REGISTRATION.					
Credit Card Information _____			TOTAL FEE(S) PAID: \$ _____ Exp. Date _____		



The Adaptive Recreation & Learning Exchange
1800 W. Old Shakopee Road
Bloomington MN 55431-3096

Spring AR&LE Retreat

Acting for Heroes & Villains!

Saturday ■ April 30, 2016

2 to 4 pm

You'll love this 'mini-retreat' when you explore how a person becomes a hero or a villain. Review acting basics and create scenes. Led by Combustible Company actors!

Program details are on page 12 and registration form is on page 15.

This exciting afternoon of fun and creativity is limited to 25 participants, so sign up early!



Everyone's invited to

B **wling for Buses**

Sunday ■ May 15, 2016

4 to 6 pm

Eden Prairie Brunswick Zone
2200 Singletree Lane

\$22 for bowlers

\$15 for spectator's lunch

Bowlers will enjoy two games of bowling, pizza buffet and automatic entry for great door prizes.

Spectators watch the fun and enjoy the pizza buffet!

This event is a fundraiser for TRAIL, a local nonprofit providing subsidized transportation to AR&LE programs. Tickets go on sale April 1st at www.ridetrail.org.

Questions? Call 612-401-6395 or email ridetrail@msn.com



*Driving for Independence
for 25 Years!*

Watch for the AR&LE Fall 2016 Catalog the week of July 25, 2016.